



wisdom
flow yoga

Restorative Yoga

Signature Sequence

Props for Supta BadhaKonasana Props for Supine Bound Angle Pose

Bolster In line with long edges of mat placed near the back of your mat. **Folded blanket-pillow** on top of bolster with close edge across center of bolster. **Blocks** on either side of mat close to end of bolster.



Supta Badhakonasana

Sit with hips six inches away from end of bolster. Soles of feet together, outer edges of feet pressing into one another. Place blocks under outer knees, open knees wide. Lay back head rests on folded blanket-pillow and shoulder heads drop in front of folded blanket-pillow. If the low back curve is too intense, move hips further AWAY from bolster end.



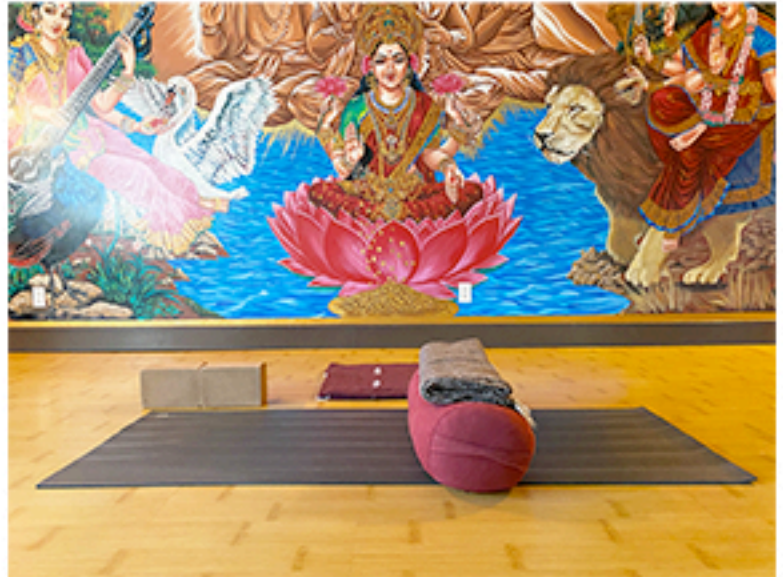
Supine Bond Angle Pose

This is a good time to define restorative yoga and name some of the benefits of this style. Restorative yoga uses props to create optimal alignment in the major joints while offering enough support that students can soothe the nervous system and hold for a long time. Long holds, deep breath and a quiet mind help re-pattern neurology to better support the body moving in optimal alignment



Props for Banana Asana

Bolster across width of mat about half way back from front edge. Thinly folded blanket on top of bolster for a deeper side body stretch.



Banana Asana - Side Body Stretch

Sit on right side hip, facing long edge of mat. Place center of right side ribs on top of props with arms over head and legs stretched long. Optionally knees remain bent and top arm can reach forward rather than over head. Hips and ribs remain firmly planted. Shoulders and arms move back behind to deepen upper back bend, legs move back behind to deepen groin stretch and low back bend.



Banana Asana - Side Body Stretch

Hold each side about 2 minutes. This is a good time to introduce students to Ujjayi breathing or three-part breathing. Get them immersed into their breath rhythm, remind them of the power of the breath to shift neuro networking, retrain tissues, calm the mind so we can and rewrite our life stories.



Props for Down Dog and Anahata

Bolster across width of mat about 18 inches from the top edge of the mat. Blocks, broadside down, long edges in line with long edges of mat, two inches from front edge of bolster. Blocks wide enough that outer edges are close to outer edges of mat.



Adho Mukha Sva'sana Downward Facing Dog Pose

Hands on blocks with heels of hands pressing into block edge. Bolster keeps arms lifting up, as heart melts down. Stay for 10 slow breaths, then release to knees to prepare for Anahata Asana. Go back and forth between these two poses at least three times.



Anahata Asana - Heart Chakra Pose

Elbows on center of bolster top. Hands in prayer. Forearms lift 45 degrees. Move hips back to heels, allow heart to melt toward mat and slide back toward knees. Forehead rests on bolster edge. Hands can open like a book; outer edges press together, thumb and index finger open out away from each other. Ten breaths here, then back to Dog Pose.



Props for Sphinx and Seal

Bolster across width of mat about 18 inches from the top edge of the mat.



Sphinx Pose

Bolster against the front ribs, just below the breast line. Forearms on mat in front of bolster, elbows slightly forward of shoulders. Keep chin level and reach out through crown of head. Toe tops actively press into mat to keep legs awake. This pose helps the lumbar spine settle back into its natural curve. A long hold allows tissues to reshape to support the lumbar curve.



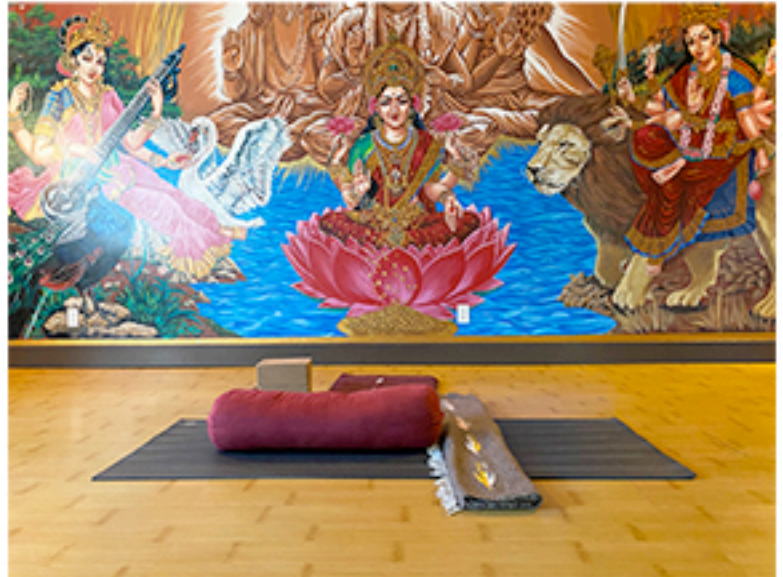
Seal Pose - Deeper variation

To deepen the curve and healthy compression of the low back, you can straighten the arms and come up on hands. Hands can walk closed to the bolster for more curve, or further from the bolster for less curve. Hands (or forearms in Sphinx) pull back isometrically to help the heart move forward and up. Keep chin level, and reach up through crown.



Props for Bekasana

Blanket folded in 4-foot strip. Bolster placed perpendicular to blanket. Knees will slide wide across blanket strip and front body lays on top of bolster.



Bekasana - Frog Pose

Keep feet flexed, inner edges of feet against floor. Knees in line with ankles, and hips in line with knees. Sits bones drop down toward the blanket to keep core toned and lifting. Breathe into back lungs.



Bekasana - Frog Pose

After one minute, have students change the turn of their head and wiggle the hips to slide the knees wider. Stay for another minute.



Props for T-Shoulder Stretch

Folded Blanket-Pillow at top of mat.
Flat blanket out to left of the
blanket-pillow.



T-Shoulder Stretch

Lay on your belly with left ear on
blanket-pillow. Press with right hand
to roll onto left side of body. Place
right foot behind left knee, right knee
skyward, right hand on right hip.
Right elbow and right knee reach
back behind you to deepen stretch
across front of left shoulder and
chest. Stay about two minutes then
unroll slightly to move into thigh
stretch variation.



T-Shoulder Stretch with Thigh Stretch

Laying on left side, reach back with
right hand for right foot. Keep slight
bend in right elbow, reach back with
linked hand and foot and bent right
elbow. Keep left leg rooting into mat
for stability. Breathe into upper
chest. Stay one minute, unwind for
second side.



Props for Reclined Hero's Pose

Notice the four stair steps in this prop set up. Start with the bolster placed near the back of the mat in line with the long edges of the mat. Place a block broad side down in front of the bolster. Place a folded blanket-pillow on the bolster six inches from the close end. Then place another block broad side down behind the blanket pillow and place another blanket pillow on top of that block.



Prep for Suptavirasana

Sit on the block with sits bones on the far edge of the block closest to the end of the bolster. This is important because you will lift your hips and scoop the sits bones under mightily and you want the hips to land on the center of the block. The super scoop of the sits bones before laying back keeps the low back long. Compression in the low back is common in this pose. We want to address it wisely.



Prep low back for Supine Hero's Pose

Reach back on teepee finger tips and lift hips off block. Keep hips lifted as you scoop the sits bones under toward the knees. The pubic bone draws up toward the chest. Using core strength to keep the low back lengthening, set the hips back down on the block. You should feel you are on the back of your sits bone and not the bottom of your sits bones. Now you are ready to lay back on props.



Supta Virasana - Reclined Hero's Pose

Lay back over prop steps. Head on highest step, upper back and shoulders on next step, bolster-end under low back, hips on block. Continually scoop sits bones under to relieve low back compression. Breath into upper chest, let shoulders melt heavy toward mat. Sometimes students need another blanket folded on top of top two steps for more lift.



Props for Revolved Janusirsasana

Have students face the long edge of their mat. Bolster with blanket on block will support side body. Folded blanket-pillow will tuck under folded knee if necessary to relieve torque in the knee joint.



Revolved Janusirsa - Head to Knee

Right leg extended, left leg folded with left sole of foot against inner right thigh. Right side ribs on bolster, right upper arm on blanket-covered block. Left arm alongside left ear, elbow bent, left forearm behind head. Press head into left forearm to help roll heart skyward. Breathe into left side body. Two minutes deep breathing, then switch sides.



Props for Supine Hip Openers

Folded Blanket-Pillow on the right side of the mat. Bolster extended out from left side of mat. Strap on top of bolster. Make sure blanket and bolster are right next to the hips when students lay back.



Supine Hip Openers Part 1

Strap across ball of right foot, where the arch meets the ball of the foot. Grounded leg is active, toes point straight up, quadriceps engaged. Keep sacrum evenly pressed into mat as we draw right foot towards face. Reach out through both heels. Hands slide down the tie so shoulders can relax toward the mat. Hands may be wrapped in a loop so grip can soften.



Supine Hip Openers Part 2

Tuck blanket-pillow against outer right hip. Hold both ends of the strap in the right hand as close to the foot as you can. Keep left leg strong, and left hip against the mat as you open right leg out to the right. Draw right foot up toward shoulder line as leg opens out. Keep grounded leg actively rooting. Blanket can move out further from hip to allow more opening.



Supine, Extended Leg, Spinal Twist

Hips stack vertically, top leg extends out 90 degrees from torso, both legs long, reach out through heels. Do your best to keep both shoulders on the mat. When hips and leg turn to the right, heart and head turn left. When hips and leg turn to the left, heart and head turn right.



Prop Set up for Savasana

Bolster for under the knees to settle hip joints and extend low back. Half rolled blanket for under base of skull to support natural cervical curve.



Savasana

Bolster under knees, blanket roll under neck, arms open wide, palms face skyward.

